THE PRESENCE PROCESS INTEGRATION GAME

“FLOW”

FEEL CONNECTED

NOW

MICHAEL BROWN

THE PRESENCE PROCESS INTEGRATION GAME

“FLOW”

FEEL CONNECTED

NOW

CONTENTS

THE PRESENCE PROCESS INTEGRATION GAME 4

CUSTOMIZING 5

GAME CONTENT REQUIREMENTS 6

RECOMMENDED SPECIFICATIONS 11

GAME ONE: READING THE DAY 18

GAME TWO: MINING MEANING 20

GAME THREE: FEEL IT TO HEAL IT 22

GAME FOUR: INTO THE FLOW 24

GAME FIVE: UNLOAD 26

GAME SIX: IMAGES INSIGHT 28

GAME SEVEN: DRAMA OR DHARMA? 30

THE INSIGHT SPREAD 33

ADD YOUR GAMES TO THE MIX 35

THE PRESENCE PROCESS INTEGRATION GAME

THIS MULTIDIMENSIONAL CARD AND BOARD GAME is designed to effortlessly facilitate “the opening of consciousness” we call present moment awareness. Using the simple tool of “association”, the different facets of this game train us to recognize the feeling of “connectedness” we all seek and develop the stamina to remain within it. Because “FLOW” is deliberately created around the perceptual matrix of THE PRESENCE PROCESS, playing it also deepens our experience of this procedure by facilitating conscious interaction with the teachings contained in the book. Being multi-dimensional, THE PRESENCE PROCESS INTEGRATION GAME has many fruits. It assists us to:

EXPERIENCE INTUITION

ACTIVATE EMOTIONAL RELEASE

IMPROVE PERSONAL EXPRESSION

AWAKEN OUR INNER EYE (IN-SIGHT)

UNCOVER INSIGHT WITHIN CONFUSION

INJECT FUN INTO EMOTIONAL CLEANSING

BRING AWARENESS TO UNCONSCIOUSNESS

INTEGRATE LEFT AND RIGHT-BRAIN ACTIVITY

AWAKEN EMOTIONAL BODY AWARENESS (FELT-PERCEPTION)

ASSIST US TO EFFICIENTLY INTEGRATE DEEPLY UNCONSCIOUS ISSUES

FAMILIARIZE US WITH THE PERCEPTUAL MATRIX OF THE PRESENCE PROCESS

TO INVITE OUR INNER CHILD TO PLAYFULLY PARTICIPATE IN OUR EMOTIONAL CLEANSING

INTEGRATE OUR DAILY PHYSICAL, MENTAL, EMOTIONAL, AND VIBRATIONAL EXPERIENCES

DEEPEN INTIMACY WITH OURSELVES AND THEREFORE OTHERS

ENOURAGE AUTHENTIC EXPRESSION

RECOGNIZE PRESENCE

SHARPEN ESP

These are just some of the fruits of playing “FLOW”. You will discover many more as you enter and enjoy the experience.

CUSTOMIZING

TO PLAY THIS GAME YOU HAVE TO MAKE THE GAME.

Part of the power of FLOW is that you literally make it yourself and in this manner you make it your own. Detailed instructions and specifications are given that serve as guidelines to making your game manageable and workable. I will tell how I made mine; this will give you enough instructions to make your game set something to cherish and a tool that is durable. *Making your own game is part of the game.*

When you approach this task with enthusiasm you pour yourself into the very fabric of the game set you use. This also means no two games are ever identical. By empowering yourself to be part of the *whole* process of manifesting the game, the end product becomes *holy* to you. By constructing it with enthusiasm your game has an integrative resonance to it; not only is it a physical item constructed via mental parameters, it also contains an emotional content. This emotional content injects your energetic frequency into your game set. In this way you feel "connected" to your game. Also, because you are asked to personalize certain parameters of the game content, not only will all games differ visually, but they will also differ slightly in the make-up of their parts. Each game therefore becomes a reflection of its owner's experience.

Once you have constructed your expression of this game you will play it with the attributes you are born with; your attention and intention; your thoughts, words, and feelings; your mind, heart, and body; and, your intuition and logic. Your imagination and your physical, mental, emotional, and vibrational experiences will be the well you draw from to play.

THIS GAME ASSISTS US WITH OUR LIFE.

OUR LIFE ASSISTS US WITH THIS GAME.

GAME CONTENT REQUIREMENTS

To play the various games available within this edition of “FLOW” it is necessary to construct the following components:

1 BOX: This box is used to contain the game’s cards and playing boards. You can either purchase this or construct it. Guidance and instructions are given in the next section.

92 CARDS: These cards contain words and phrases that represent different aspects of our life experience and of THE PRESENCE PROCESS perceptual matrix. You are to make these cards yourself. Guidance and instructions on how to do this are given in the next section. In no particular order of importance, the cards in the game are:

1. INTEGRATION
2. AFFLICTION
3. PEACE
4. SAFETY
5. SET UP
6. CHANGE
7. DESTINATION CONSCIOUSNESS
8. FEEL IT TO HEAL IT
9. RESISTANCE
10. NEED
11. PRETENCE
12. BALANCE
13. JOY
14. APPRECIATION
15. ARROGANCE
16. PURPOSE
17. PRESENCE
18. LET GO
19. RESULTS

20. REACTION
21. EGO
22. PRESENT MOMENT AWARENESS
23. QUESTION
24. INNER CHILD
25. NEGATIVE EMOTIONAL CHARGE
26. SEPERATION
27. STILLNESS
28. COMPASSION
29. INTUITION
30. FEEL
31. JOURNEY CONSCIOUSNESS
32. EMOTIONAL CLEANSING PROCEDURE
33. WANT
34. ANSWER
35. ATTENTION
36. EFFECT
37. UNDERSTANDING
38. TRUSTINTENTION
39. GENTLENESS
40. CONFUSION
41. COMPASSIONATE ATTENTION
42. CAUSE
43. ANGER
44. LISTEN
45. INNER PRESENCE
46. PRESENCE ACTIVATION STATEMENT
47. DENIAL
48. INSIGHT
49. MESSAGE
50. THE SEVEN YEAR CYCLE
51. PRAYER
52. NOT DOING
53. GIVING IS RECEIVING
54. WATER SESSION
55. FAITH
56. THE PATHWAY OF AWARENESS

57. SILENCE
58. FEAR
59. MEDITATION
60. HURT
61. UNCONSCIOUS DEFINITION OF LOVE
62. SURRENDER
63. INTIMACY
64. FORGIVENESS
65. CONSISTENCY
66. PATIENCE
67. EMOTIONAL TRAUMA
68. AUTHENTICITY
69. MESSENGER
70. CHOICE
71. CLARITY
72. RESPONSE
73. SEDATION
74. CONSEQUENCES
75. INTEGRITY
76. RESPONSIBILITY
77. BREATHE
78. STUCK
79. BEING
80. DISCIPLINE
81. ADDICTION
82. GRATITUDE
83. BLAME
84. UNCONDITIONAL LOVE
85. DISTRACTION
86. GRIEF
87. NOW
88. ADD YOUR WORD/PHRASE
89. ADD YOUR WORD/PHRASE
90. ADD YOUR WORD/PHRASE
91. ADD YOUR WORD/PHRASE
92. ADD YOUR WORD/PHRASE

7 GAME BOARDS: These game boards represent seven different perceptual approaches, each containing four different categories or “openings for association”. This means the game boards facilitate 32 available “openings” (this term will be explained further within the instructions of the different games). You are also to manufacture these seven boards. Guidance and instructions on how to do this are given in the next section. In no particular order of importance the boards are:

THE PRESENCE PROCESS GAME BOARD containing the following categories:

1. Consciously Connected Breathing
2. Presence Activation Statement
3. Perceptual Tools
4. Reading Materials

THE BODY GAME BOARD containing the following categories:

1. Vibrational Body
2. Emotional Body
3. Mental Body
4. Physical Body

THE ACTION GAME BOARD containing the following categories:

1. Conscious Action
2. Unconscious Action
3. Inner Action
4. Outer Action

THE FAMILY GAME BOARD containing the following categories:

1. Father
2. Sister
3. Brother
4. Mother

THE ATTRIBUTE GAME BOARD containing the following categories:

1. Guidance
2. Healing
3. Lesson
4. Nurturing

THE ASPECTS GAME BOARD containing the following categories:

1. Higher Self
2. Authentic Self
3. Ego
4. Inner Child

A GAME BOARD YOU MAKE containing four categories you decide on:

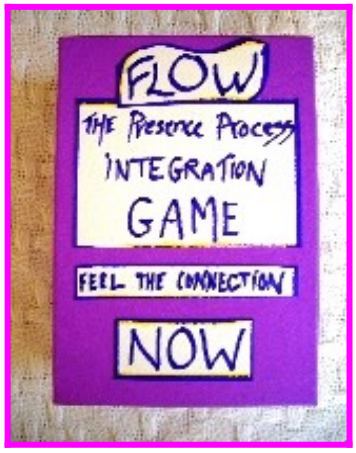
1.
2.
3.
4.

Just as you are to add five cards to the game set containing words you decide on, you are also to add one game board to the game set containing categories (openings) of your choosing. This customizes the game to your life experience.

RECOMMENDED SPECIFICATIONS

THE BOX

THE BOX YOU MANUFACTURE serves two purposes: to contain and protect you game pieces, and to personalize the look of your game. The dimensions of the box must be big enough to contain the cards and the game boards, but also not too big so as to have everything getting jumbled up. I didn't make my box; I went to an art shop that had piles of ready-made boxes of all colors and sizes, and intuitively chose a box that appeared to be the right size. My choice was perfect and my cards and game boards fit into it as if this was their destiny. I then decorated it. This is what my box looks like: from the top, open, and from underneath.



The dimensions of my game box are: depth 6.4cm, length 18 cm, width 12 cm.

THE CARDS

THERE ARE 92 CARDS; 87 you are given names for, 5 you must add names to yourself. The cards I made are from a watercolor art pad that contained 280mg pages. To save myself time on painstakingly measuring each card, I picked an art pad which contained a page size (measuring 14.6cm X 21cm) that would be exactly equivalent to four cards. All I then had to do was dissect the page into four equal quarters. I measured and marked the halfway point of the top of the page, of the left and of the right side of the page, and of the bottom. I then drew a line connecting the halfway mark on the top and bottom of the page, and then I drew a line that connected the halfway mark on the left and right side of each page. I then had a page with a drawn cross on it that intersected the page top to bottom and left to right in the center. I used a thick purple marker to draw the lines so when I cut along them I automatically created purple borders for my cards. Before I started cutting out the individual cards I also used the marker to draw lines along the edges of the page so that I would have the purple border on all four edges of the cards. I first completed all the measuring and line-drawing, then in the four squares that I had created on each page I wrote in the names of the cards in thinner tipped purple pen. Once I had written in all the names I proceeded to cut out the individual cards. Once the cards were made I had them laminated at a printing shop before playing with them. This is what my cards look like:

The dimensions of my cards are 7.3cm X 10.5cm; exactly one quarter of the page they are cut from.

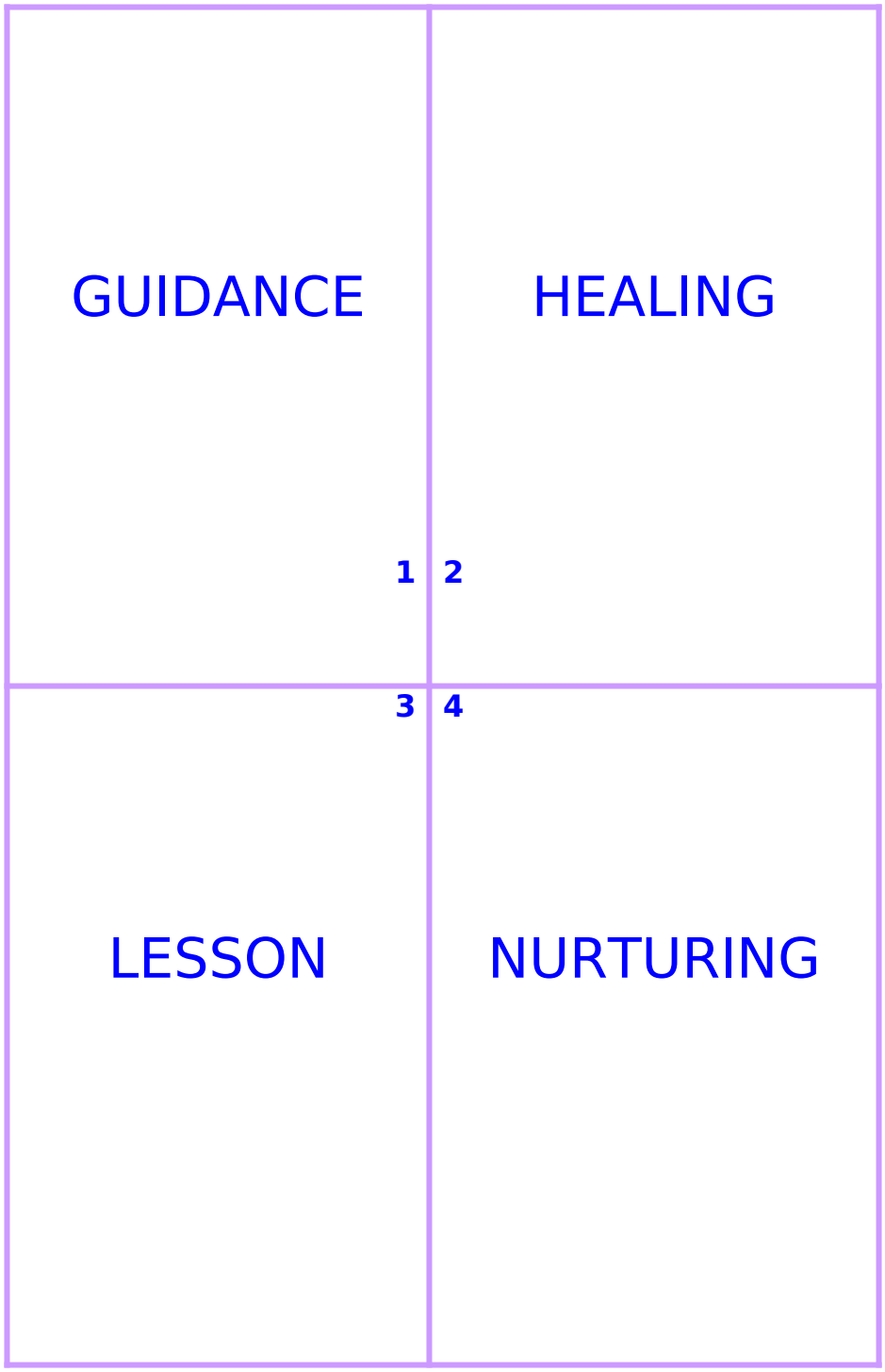
This is the actual size of my cards once laminated.

THE GAME BOARDS

THERE ARE SEVEN GAME BOARDS IN ALL. Six you are provided the categories for, one you must make up the categories yourself. The game boards are easy to make. You follow the same instructions as for making the individual cards, except there is no cutting involved. Once you have marked the page with borders and a line that makes an intersecting cross through the center of the page from top to bottom and left to right, you simply fill in the categories of that particular game board. Also number the categories 1 to 4 as illustrated by the life-size game board on the next page. The trick here is that you make your game board from the same size art pad that you have made the cards. This means that each game board will be the exact size for you to lay four cards upon it. This is what my game board looks like, as one board, and the group together:

The dimension of my game board is 14.6cm X 21cm.

This page demonstrated the actual size of my ATTRIBUTE GAME BOARD once laminated.



Once my game boards were ready I had them laminated. I asked the person at the print shop to laminate them in such a way that I would still be able to fold them in half from top to bottom along the horizontal crease in the middle of the board. This way I am able to fold them up and place them perfectly in my game box with my cards forming two piles on top of them. Once you have made your cards and game boards and had them laminated you are ready to play THE PRESENCE PROCESS integration games.

LET THE GAMES BEGIN...

GAME ONE: READING THE DAY

AWAKENING FORESIGHT THROUGH INSIGHT

1. This is a game that is initiated in the morning and completed in the evening.
2. Remove all the cards from the box.
3. Remove game boards and choose one that intuitively resonates with you.
4. Shuffle the cards while simultaneously placing your attention upon “receiving guidance for and about the day”.
5. If you are right-handed, then break the pack three times with your left hand (which in these instructions shall be known as your secondary hand) making four separate piles of cards.
6. If you are left-handed, break the pack with your right hand. (Breaking the pack with your “secondary” hand activates both conscious and unconscious intentions.)
7. Select the card on top of each pile and place it upon the category of your chosen game board moving from categories 1 to 4.
8. Now spend a few moments looking at each card in relation to the category on the game board with which it has been matched, taking note of any clear-cut associations that jump out at you.
9. Do not analyze the associations you perceive, simply acknowledge them.
10. Take note of the cards that appear to have no association to their assigned game board category.
11. Also, place all the cards on the game board together so that they cover their categories and take note of this particular grouping of cards. Do you see any associations between these four cards? Acknowledge any associations that appear.
12. Now place the game board containing the four cards aside where it will not be disturbed and continue with your day.
13. At the end of your day put aside a moment to take up the game board containing the four cards and once again compare each card to the category on the game board upon which it is placed. Also, take another look at the four cards as they are grouped together.

Do you see any connection between each card, its associated game board category, and the day you have just experienced? Do you see any connection

between these particular four cards grouped together and the day you have just experienced?

IMPORTANT NOTE: Not every one of the four cards selected has to achieve a recognizable association with its chosen category on the game board. Nor do the four selected cards all need to have an identifiable association with each other when viewed collectively. Each category on a game board represents "a potential opening". If you only achieve one opening (association) among all the cards chosen, that is just as relevant as if you achieve four. The real question is: Are you willing to act on the insight/s gained from these openings? This is not a contest with yourself to see how many cards you can associate with the game board categories or how many associations you can make with the four cards when viewed as a group; this is a tool designed to assist you to activate and develop the experience of "connectedness" in your life. "Making the connection" through association requires using both the left and right side of the brain, both the mental and emotional body, both linear and non-linear thinking techniques. For some of us this may take a little practice. Be patient; association, like anything, is a skill developed through consistent practice. Consistent use of this deck also means consistent opportunities to experience "connectedness".

REMEMBER THAT THE PRESENT MOMENT IS THE CONNECTING POINT BETWEEN ALL CAUSES AND THEIR EFFECTS. WITHIN THE PRESENT MOMENT ARE THE ENERGETIC CURRENTS CONNECTING WHAT WE PERCEIVE AND "YESTERDAY" AND "TOMORROW". WHEN WE HAVE AN EXPERIENCE OF "ASSOCIATION" WE ARE REPLICATING THE SAME PERCEPTUAL CONDITION THAT IS NECESSARY TO ANCHOR OUR AWARENESS IN THE STATE OF CONNECTIVENESS WE CALL PRESENT MOMENT AWARENESS.

WE MAKE AN ASSOCIATION BECAUSE WE ARE PRESENT.

AS YOU CONTINUE PLAYING THE VARIOUS GAMES WITHIN "FLOW", TRAIN YOURSELF TO TAKE NOTE OF "HOW YOU ARE *FEELING* WITHIN THE MOMENT WHEN YOU MAKE AN ASSOCIATION". THE MORE YOU ARE ABLE TO STIMULATE THIS EXPERIENCE OF ASSOCIATION, AND THE MORE YOU ARE ABLE TO REMAIN WITHIN IT, THE MORE YOU ARE CULTIVATING A FEELING OF "CONNECTEDNESS".

THIS FEELING OF "CONNECTEDNESS" IS A PORTAL INTO THE EXPERIENCE WE CALL PRESENT MOMENT AWARENESS.

TO BE CONNECTED IS BE IN THE FLOW.

GAME TWO: MINING MEANING

ACTIVATING **MENTAL INTEGRATION** OF AN ISSUE/QUESTION

1. Remove all the cards from the box.
2. Shuffle them gently while keeping your question/issue foremost in your mind's eye.
3. Break the deck with your secondary hand and place the under-pile on top. Now place the whole pile in front of you.
4. Remove the game boards from the box and open them up. Place them one on top of another facing upward.
5. Hold all the game boards facing upward in one hand so that you can take and place individual cards upon the respective categories. (If this does not work for you, place the game boards on a surface in front of you and then place the cards on them.)
6. Place a blank sheet of paper and pen in front of you.
7. Briefly remind yourself of your question/issue. Now let your question/issue go and place your full attention on the following procedure...
8. Take a card from the top of the pile and compare it with category 1 of the game board you are holding. Is there an immediate and clear connection between the card you are holding and that specific category on the game board? If there is, place the card facing upward over that category and immediately write down, in one sentence, what the connection between card and game board category is.
9. If you perceive no immediate connection, no "opening", simply place the card faced up over the category on the game board you are holding.
10. Now draw another card and compare it to category 2. Once again, if "an opening" occurs and you make an easy association between the card and the respective category on the game board, write it down in one sentence. If not, place the card facing upward over that category and continue.
11. Continue drawing cards until your game board is covered by four cards facing upward.

12. Now scan the group of four cards that are facing upward on the game board. Does “an opening” occur when these four cards are compared to each other? Does an insight jump out at you? If one does, write it down on the paper in one sentence.
13. Once you have completed the game board in this manner, gently lift and remove it from the pile you are holding in your hand and place it to one side on the table in front of you.
14. Now repeat the procedure with the next game board that is facing up from the pile within your hand.
15. Move through all seven game boards in this manner, writing down only the insights that resonate with you when comparing individual cards with their respective game board categories, and from comparing the grouping of all four cards once each game board is filled.
16. Once completed, gather all cards and game boards together and place them back in the box.
17. Now read the sentences you have written on the page with the intent of rewriting them on a new page in an order of relevance or importance.
18. Once you have rewritten them in an order of relevance or importance, fold the paper in half, write your initial question/issue on the folded paper, and put it aside *for at least 24 hours.*
19. After 24 hours re-read the question/issue you have written on the folded paper, then unfold the paper and read what you have written. You will be astounded at the level of insight you achieve.
20. **NB: ACT ON THIS INSIGHT.**

IMPORTANT NOTE: In this particular game, as in GAME ONE, not every card selected is intended to be “an opening”. Sometimes there is only one clear association per game board, sometimes more. Also, it is not necessary for the sentences you write down “to make sense” for them to be appropriate. If a sentence or phrase jumps out at you but does not make immediate sense, write it down anyway – exactly as you “hear it”. It may only make sense to you once you have compiled all your writings for this session; it may only make sense as part of the whole reading and you won’t realize this until the whole reading is compiled. Also, it may only make sense when you re-read what you have written after 24 hours.

GAME THREE: FEEL IT TO HEAL IT

ACTIVATING **EMOTIONAL INTEGRATION** OF AN ISSUE/QUESTION

1. Remove all the cards from the box.
2. Shuffle them gently while keeping your question/issue foremost in your mind's eye.
3. Break the deck with your secondary hand and place the under-pile on top. Place the pile in front of you.
4. Remove the game boards from the box and open them up. Place them one on top of another facing upward.
5. Hold all the game boards facing upward in one hand so that you can select and place individual cards upon the respective categories of the game board presently facing upward in your hand. (Or place the game boards on a surface in front of you if that is more comfortable.)
6. Briefly revisit your question/issue. What is the emotional state activated within you when placing your attention upon this issue/question?
7. Now let it go and place all your attention upon the following procedure.
8. Take a card from the top of the pile and compare it with category 1 of the game board currently faced up in front of you. Is there an immediate and clear "felt-connection" between the card you are holding and the category on the game board? This is not a feeling you have to be able to "understand" or be able to "explain".

FEELINGS DO NOT HAVE TO HAVE A DISCERNABLE MENTAL COMPONENT TO THEM TO BE VALID.

9. If there is a felt-connection between the chosen card and the relevant game board category pause momentarily and simply acknowledge **the feeling** that is activated.
10. When an associated felt-connection is made place that card face-up at a distance from the pile you are selecting from. This card is now "used" and will not be drawn again.
11. If you perceive no immediate connection, place that card faced down next to the pile you are drawing from. (You are to place all cards that you do not successfully associate on this pile. Once you have gone through and exhausted the primary pile of cards you are currently drawing from, you then continue to draw from the newly made secondary pile of cards. If while drawing from this secondary pile you also acquire cards that have no felt-content for you, you simply repeat the procedure of placing them faced down next to this secondary pile to be drawn from when the secondary pile is exhausted.)
12. Now draw another card and compare it to category 1 until a clear felt-association is made.
13. Once you have made a felt-association with category 1 on your game board move to category 2.
14. Continue drawing cards until you have made felt-associations with all four categories on the game board.
15. Once you have completed the game board place it to one side on the table in front of you and repeat the procedure with the next game board.
16. Move through all seven game boards in this manner.
17. Once completed, gather all cards and game boards together and place them back in the box.

What are you feeling now as a consequence of having played this game? What is the "aftertaste" of the experience? How is the emotional state you are experiencing now different from the way you were feeling prior to commencing this game? After 24 hours recall the question you initially asked, or the issue you raised, and monitor what emotional response you now have to it. **NB: ACT ON ANY INSIGHT GAINED.**

IMPORTANT NOTE: The intent of this game is to "feel the nature of the connection" when any association or "opening" is achieved. It is not necessary to be able to name or in any way conceptualize what you are feeling for it to be valid. Once

you “feel a connection”, move on immediately. The intent is to establish “a flow from feeling to feeling”. By playing this game consistently you activate and increase your level of emotional body awareness.

GAME FOUR: INTO THE FLOW

AWAKENING INTO CONNECTEDNESS

1. Remove all the cards from the box.
2. Shuffle them gently.
3. There is no question to be asked here or issue to be raised.
4. Break the deck with your secondary hand and place the under-pile on top. Now place the whole pile in front of you.
5. Remove the game boards from the box and open them up. Place them one on top of another facing upward.
6. Hold all the game boards facing upward in one hand so that you can take and place individual cards upon the respective categories. (Or place them on a flat surface in front of you if that is more comfortable.)
7. Take a card from the top of the pile and compare it with category 1 of the game board you are working with. Your task is now to “make a connection” by associating the chosen card with the respective category on the game board. This connection can be physically, mentally, emotionally, or vibrationally relevant. The only recommendation is that it pertains to your current, past, or projected life experience. In other words, do not make stuff up. Let the connection in some way emanate from within your life experience. You also do not have to “understand” the connection; it may simply be a feeling that is beyond all mental conceptualization.
8. The moment the connection is made place the card face down on the table next to the pile you are drawing from.
9. If you cannot make a connection, close your eyes, connect your breathing for 15 seconds, and then re-examine the card and the category. If there is still no connection, place the card faced down next to the pile you are drawing from and continue.
10. Continue drawing cards until you make a connection with each category on the game board in their order 1 to 4. Then place the game board underneath the others and continue with the next game board that is facing up.
11. Keep selecting cards and comparing them to the current game board until you have moved through all the cards in the pile. This means you will use the game boards more than once and you gradually make your way through the pile of cards in front of you.

12. Once you have used up all the cards, gather all cards and game boards together and place them back in the box.
13. Now sit quietly and observe your current state of being.

What is the “aftertaste” of the experience? How do you feel physically? How do you feel mentally? How do you feel emotionally? What insights have you had about your life experience. **NB: ACT ON ANY INSIGHT.**

IMPORTANT NOTE: Within this game the intent is to initiate “a flow” from association to association, from “opening to opening”. To accomplish this do not get distracted by “the thinking process”. The moment an association is made between card and category, move on to the next card and category. Remember that the association does not have to make sense; it may simply be “a feeling”. The intent is to open and establish a continual “flow of connectedness” and to remain within the state of being as long as possible.

GAME FIVE: UNLOAD

INVITING PERSONAL EXPRESSION

1. Remove all the cards from the box.
2. Shuffle them gently.
3. There is no question to be asked here or issue to be raised.
4. Break the deck with your secondary hand and place the under-pile on top. Now place the whole pile in front of you.
5. Remove the game boards from the box and open them up. Place them one on top of another facing upward.
6. Hold all the game boards facing upward in one hand so that you can take and place individual cards upon the respective categories. (Or place it on a flat surface in front of you if that is more comfortable.)
7. Take a card from the top of the pile and compare it with category 1 of the game board you are working with.
8. Your task is now to “make a connection” by speaking out loud to yourself about the chosen card and how it relates with the respective category on the game board. This verbalized connection can be physically, mentally, emotionally, or vibrationally relevant. It is recommended that this connection pertain to your current, past, or projected life experience.
9. If you absolutely cannot relate the association between the card and the game board chart to your life experience, then make something up.
10. The moment you have verbalized the relationship between card and game board category you are working with, place the card face down on the table next to the pile you are drawing from.
11. Now select another card and compare it to the next category on the game board.
12. This is where the challenge of this game lies: With each additional card drawn you must use the new association that arises to build onto the story you have already started telling. In other words, your intent is to keep a continuous stream of thought alive as you keep selecting cards and associating them with the stream of categories on the game boards.
13. Continue drawing cards until you have gone through the game board categories from 1 to 4. Then place the game board underneath the others and continue.

14. Keep selecting cards and changing game boards until you have moved through the entire pile of cards.
15. Once completed, gather all cards and game boards together and place them back in the box.
16. Now sit quietly and observe your current state of being.

We generate much stress through the repetitive and unexpressed mental processes that swirl around and around within our minds. We also have unconscious thought-patterns cluttering our mental body that require energy to maintain whether we are aware of them or not. This mental clutter is not only exhausting, but is an obstacle to insight. Playing this game consistently empowers us to unload the mental clutter and clear the away the mental obstacles that are blocking the integrative experience. It is also surprising what we tell ourselves when we give ourselves an opportunity like this to express ourselves through free-association. “UNLOAD” also serves as a creative means to establish, free up, and improve creative self-expression.

GAME SIX: IMAGES INSIGHT

NURTURING INNER VISION

1. Remove all the cards from the box.
2. Shuffle them gently.
3. There is no question to be asked here or issue to be raised.
4. Break the deck with your secondary hand and place the under-pile on top. Now place the whole pile in front of you.
5. Remove the game boards from the box and open them up. Place them one on top of another facing upward.
6. Hold all the game boards facing upward in one hand so that you can take and place individual cards upon the respective categories. (Or place the game board on a flat surface in front of you if this is more comfortable.)
7. Take a card from the top of the pile and compare it with category 1 of the game board you are working with.
8. Your task is now to “make a connection” by associating the chosen card with the respective category on the game board, then closing your eyes and holding that association **as an internal image in your mind’s eye**. If you cannot make a connection that is relevant to your current life experience, make something up, be creative. The only rule is that once you have made the connection, immediately close your eyes and visualize it.
9. The moment the connection is made and visualized, place the card face down on the table next to the pile you are drawing from.
10. Continue drawing cards until you make a visualized connection with each category on the game board you are holding in the order 1 to 4. Then place the game board underneath the other boards.
11. Keep selecting cards and comparing them to the game board you are working with, then replacing that game board, until you have moved through all the cards in the deck.
12. Once completed, gather all cards and game boards together and place them back in the box.
13. Now close your eyes, sit quietly, and observe your current state of being.

This game serves to activate insight by working directly with our inner eye. This visualization practice supports and enhances the inner practice of meditation as readily as it does our ability to apply creative visualization to all outer tasks.

GAME SEVEN: DRAMA OR DHARMA?

(For two to seven players)

RELEASING THE STORY

1. Remove all the cards from the box.
2. Shuffle them gently.
3. Break the deck with your secondary hand and place the newly made pile in front of the group.
4. Remove the game boards from the box, shuffle and distribute them randomly among the players.
5. Each player then shows which game board they have to everyone else.
6. Each player holds a game board facing upward in one hand so that they can draw cards with their free hand and associate the selected card with any of the categories on their game board.
7. Each player takes turns drawing a card and this movement goes clockwise around the circle of players as the game unfolds.
8. When a player draws a card they do not initially show it to the others. They immediately scan their game board and the chosen card to see if they can achieve an “opening”; an association between the card and any of the four categories on their game board.
9. They then verbalize their association to the other players.
10. For “an opening” to be considered acceptable by the other players, the current player must be able to, **in one sentence**, make a verbal association between their chosen card and ANY category on their game board. The only rule is that their verbalized association must either represent “a believable aspect of their own life experience” and/or “constitute an insight and/or teaching from THE PRESENCE PROCESS”.
11. If the player, within a short period of time (45 seconds), accomplishes this, they keep the card and get to draw another from the deck.
12. If they cannot achieve “an opening” at all within a short period of time, or one that is acceptable to the other players, the card must be placed face-up on the table for all the other players to see.
13. Once the card is placed face-up for all to see, the first person who can use that card to make an association with any category on their particular game board must say: “I am open!”

14. While the card is faced-up on the table the person who initially picked it up from the pack is also still eligible to participate in making an association.
15. Once any player declares “I am open!” they are then given an opportunity to verbalize their association between the card on the table and a chosen category on their game board. Again, for “an opening” to be accepted by the others it must, in one sentence, represent “a believable aspect of their own life experience” and/or “constitute an insight and/or teaching from THE PRESENCE PROCESS”.
16. Once an association is declared and accepted that card is kept by that person.
17. If an association cannot be made by any player, the card is placed face-down next to the pile currently being drawn from. This new pile will then be drawn from once the current pile is completed.
18. After a verbal association has been successfully declared by any player and accepted, that player keeps that card in a pile next to him/her.
19. **DHARMA OR DRAMA:** After a successful association has been made by a player, any of the other players my immediately challenge it by calling out: **“Drama!”** If this challenge is made, the challenger has to explain why that person’s association constitutes “a drama” AND be able to verbalize it differently in a way that transforms it into a “Dharma”. If they can accomplish this successfully, they are entitled to that person’s card, which is then handed over and placed upon their own pile of accumulated cards.

“A DRAMA” CONSTITUTES ANY ASSOCIATION THAT PORTRAYS VICTIM OR VICTOR MENTALITY, SELF-PITY, BLAME, PROJECTION, DENIAL, OR UNNECESSARY EMPHASIS ON FEAR, ANGER OR GRIEF.

“A DHARMA” IS WHEN “A DRAMA” CAN BE TRANSLATED INTO “WHAT IS THE TEACHING/INSIGHT/LESSON INHERENT WITHIN THE ASSOCIATION”.

20. Once the primary deck has been used up, the players then hand the game boards they are currently using over to the person on their left.
21. With new game boards now in their hands, the players continue to draw from the secondary deck that accumulated as a result of lack of associations being made up to that point.
22. The game continues in this manner until there are no more cards left to be selected.

23. If at the end of each pile currently being drawn from a secondary pile has developed from cards that cannot be associated, game boards are first handed to the player to their left before cards are drawn from that pile. If there are less than seven players, new game boards can be introduced into the game once every player has used the game boards currently in play.
24. The person with the most cards once the last card is successfully associated is then declared: “The Integration Game Master”.

IMPORTANT NOTE: Within this game the intent is also to initiate “a flow” from “opening to opening”, from player to player. The moment an association is made between card and category, move on to the next player unless a “Drama” challenge is declared.

Sometimes we do not know we are entertaining drama until we verbalize ourselves to others. We may also struggle to gain insight into our dramatic experiences. This game assists us to overcome this. It also empowers us to gain deeper insight into how others perceive the teachings of THE PRESENCE PROCESS.

THE INSIGHT SPREAD

This is a simple reflective spread that is useful in gaining insight into a current question/issue/challenge.

THIS MOMENT	CROSSING	SHORT-TERM CONSEQUENCES	LONG-TERM CONSEQUENCES	AFTERTASTE

1. Remove cards from box.
2. Examine the above layout and read what each category represents (see below for description) so that the intention of this layout is imbedded into your awareness before you shuffle.

THIS MOMENT: This card gives you direct insight into the circumstances of the present moment as it relates to the question/issue/challenge you are working with.

CROSSING: This card gives you direct insight into the primary influences that are impacting this question/issue/challenge right now. This card represents the currents of the present moment.

SHORT-TERM CONSEQUENCES: This card gives you insight into the short-term consequences of this question/issue/challenge as it stands in this moment. “Short-term” is defined by what this time-period means to *you*. Remember, these “consequences” are potentials and not set in stone. Your response or reaction to the insights received from this reading empowers you to impact the consequences of any present moment predicament.

LONG-TERM CONSEQUENCES: This card gives you insight into the long-term consequences of this question/issue/challenge as it stands in this moment. “Long-term” is defined by what this time-period means to *you*. Remember, these “consequences” are potentials and not set in stone. Your response or reaction to the insights received from this reading empowers you to impact the consequences of any present moment predicament.

AFTERTASTE: This card represents the ambience/resonance/frequency emanated by this current situation and the insights you have gained from the previous four cards. The “aftertaste” is best digested as “a feeling”. If the “feeling” reflected by this card does not sit well with you, do not push it out of your awareness. Sit with it so that it may be integrated. Also, once spending a moment with the way you are feeling right now, you are welcome to inject a more preferable “feeling” into this scenario by feeling that intended feeling *now*.

3. Shuffle the pack while keeping attention on your question/issue/challenge.
4. Break the pack with your secondary hand and place the under pile on top.
5. Draw the first five cards off the top of the broken deck and place them face up in a row next to each other.
6. Before associating each card with the given categories above, look at them and allow yourself to receive any immediate intuitive insight inherent within their immediate association with each other.
7. Write this insight down.
8. Now associate each drawn card with the specific category of the spread in which it is placed.

ADD YOUR GAMES TO THE MIX

KEEP IN MIND THAT THE SEVEN GAMES suggested here are merely that; various suggestions on how to use THE PRESENCE PROCESS INTEGRATION GAME. Be adventurous and explore other ways to use this deck. If you develop a new game using the given parameters of this deck, send the instructions to: thepresenceprocess@gmail.com. Also, take a photo of the game you manufacture, arrange it so that it looks something like the pic below, and send it to us.

Submitted game photographs and game ideas will be posted on the website www.thepresenceportal.com. Only digital photographs sent via email are accepted.

To explore more writings by Michael Brown go to:

www.thepresenceportal.com

www.namastepublishing.com